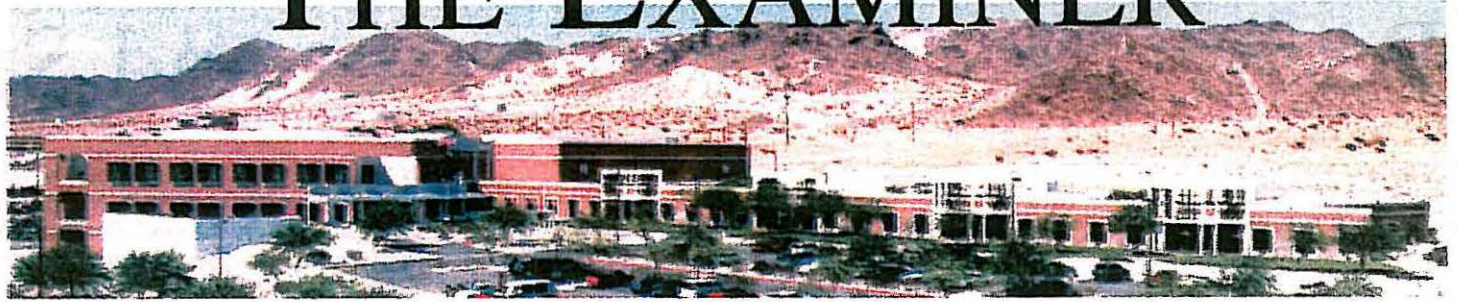




THE EXAMINER



Robert E. Bush Naval Hospital, Twentynine Palms, California

Volume 11, No. 6

"Serving with Pride and Professionalism"

June 2003

People of the Quarter Honored at Naval Hospital

The Officers, Civilians and Sailors of the Quarter at the Robert E. Bush Naval Hospital were recently selected for the period from January 1 through March 31.

Lieutenant Carrie Jones, Medical Corps, a staff Pediatrician was named as Officer of the Quarter.

Her citation reads in part, "Over the past quarter, you performed your demanding duties as Staff Pediatrician, in a professional and exceptional manner. You provided expert clinical assessment and health care management to over 1,000 family members while efficiently handling a vast array of administrative responsibilities. You directed the Perinatal Advisory Board in implementing a multitude of innovative mar-



keting strategies and clinical practice changes, to support family centered care initiatives. Through your resourcefulness and dedication, a Consumer Advisory Board was created to strengthen the hospital's relations with the community. This forum offers hospital staff and families the opportunity to work collaboratively on process improvement activities regarding health care services."

Petty Officer 2nd Class Rajnesh Chand, of the Mental Health Department was named as Senior Sailor of the Quarter.

His citation reads in part, "During this period, you consistently



Please see **PEOPLE OF THE QUARTER** on page 6

Highlights...

Your skin is the largest organ of your body and it is constantly renewing itself throughout your life. Skin protects us from heat, light, injury, and infection and stores water and fat. *page 2*

The Internal Medicine Clinic of the Robert E. Bush Naval Hospital offers a series of "Diabetes Self-Management Classes." *See page 2*

Now that our Patient Safety Program is running in full force with the implementation of the first six national patient safety goals, the patient safety team would like to direct everyone's attention to our new *Patient Safety Display*. *See page 5*

The Examiner can now be viewed online at: www.nhttp.med.navy.mil

For comments drop an e-mail to: d.barber@nhttp.med.navy.mil

Spot Light On...

Environmental Health Officer

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Lt. Troy Henderson, the hospital's Environmental Health Officer had to keep getting out of the Navy to keep getting ahead in the Navy... he holds four Honorable Discharge Certificates, but still has eight years until he is eligible to retire.

Henderson started his Navy career right after he graduated from high school and left his hometown of Cookeville, Tenn., in 1987.

"I chose the Navy right out of high school for direction. I was looking for something to do. A friend of mine through elementary school and high school lived by the recruiting office and visited them a lot. He talked a lot about the Navy Nuclear Power program," said Henderson. "I wasn't much interested in the military until the last moment; I talked to my friend about the military and was thinking about getting out of town for a while," he added. Henderson's friend advised him to think about the Navy's Nuclear Power program, so he did and wound up enlisting. Henderson's friend wasn't in the Navy nor did he ever join. According to Henderson, the young

Please see **LT HENDERSON** on page 11



Presort Standard
U.S. POSTAGE
PAID
YUCCA VALLEY
CA 92284
PERMIT NO. 40

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250

To Your Health...

Be Aware of Skin Cancer and Sun Screen

By Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital

Your skin is the largest organ of your body and it is constantly renewing itself throughout your life. Skin protects us from heat, light, injury, and infection and stores water and fat. It keeps itself moist and intact to the best of its ability but sun, heat, dryness and chemical exposure works against your skin to damage it and dry it out. We need some exposure to sunlight for Vitamin D production, however, over exposure to the sun leads to skin cancer, premature aging of the skin and wrinkling!

Skin cancer is the most common form of cancer with over one million Americans every year being diagnosed with skin cancer and almost 10,000 dying from it. Half of all Americans who live to age 65 will be diagnosed with some form of skin cancer. UV A & B radiation from the sun is the leading cause of skin cancer, however UV C radiation from sun lamps and tanning booths also cause skin cancer. Cases of skin cancers are more likely to occur where there is brighter and stronger sunlight such as nearer the equator or at high altitudes.

Ninety percent of all skin cancers develop on the face, neck and arms where sun exposure is the greatest. Those individuals at highest risk for skin cancer are those who have light skin, hair and eyes, a family history of skin cancer, chronic exposure to the sun, history of bad sunburns early in life, or has lots of moles or freckles. However, everyone is at risk of skin cancer, no matter how dark ones' skin or hair.

Skin cancer growths occur when normally dividing skin cells begin to grow abnormally. UV rays damage the DNA of skin cells and causes them to reproduce abnormally. Once a cells' DNA is damaged, the damage is permanent and is replicated over and over until an abnormal patch of cells is seen on the surface of the skin. There are over 100 different types of skin cancer, depending on what layer of the skin they are found and what types of skin cells are affected.

What to look for -

*Patches of skin that tend to bleed or ooze,
open sores that don't heal,
patches that have an irregular shape or edges to them,
patches that have varied colors in their pigmentation,
growths larger than the width of a pencil eraser,
patches that have a scaly, crusty or bumpy appearance to the surface of them, or
growths that itch or are tender and painful.*

Sun screen works by blocking out some, but not all, of the UV A and B rays. Sun screen does not protect against UV C radiation. The higher the SPF value, the greater the protection from burning. Use a sun screen that blocks both UV A and UV B radiation as they both cause skin cancer and burning. UV A rays cause damage deep into the skin while UV B rays damage the surface layers. Exposure to UV A and UV B radiation has also been associated with non-Hodgkin's Lymphoma and with eye cancers, specifically on the cornea and the conjunctiva.

If you will be in the sun more than 15 minutes, wear sun screen with an SPF value of 20 or greater. Older adults should always use a sun screen with an SPF of 30 or higher. Apply sun screen at least 30 minutes before going out into the sun and re-apply every 2 to 3 hours.

Since sun screen alone is not 100% effective against the damage produced by UV rays, take other protective measures as well. When outdoors in the sun, wear hats, sunglasses, light colored, loose fitting clothing, full length pants and socks to reflect the heat and allow your skin to breathe. Check all areas of your skin surfaces regularly for any changes. If you can't see a certain area of your skin, use mirrors or get a friend to check for you. Call your doctor if you have patches of skin or growths on your skin that bleed or change shape or color. If you have a family history of skin cancer, alert your doctor and watch your skin

Hospital Welcomes Arrivals of New Babies in a Special Way

Beginning in May, the hospital will honor each new baby's birth by making a special announcement and playing a brief song, dedicated to the birth on the hospital's speaker system.

This is a new and innovative way to give special recognition to this momentous life event... New parents, have your tape recorders ready.

carefully for changes. Drink plenty of water and other replenishing liquids (not alcohol) to help your skin sweat and cool itself. Avoid the sun between 10 am and 3 p.m. whenever possible as the sun's rays are the most damaging. You can burn even on a cloudy day as 80% of the sun's rays penetrate through clouds. Teach your kids early about the dangers of the sun as most skin damage occurs before the age of 20. Never use sun screen on infants less than 6 months of age as the chemicals in sun block are absorbed directly into their body and may irritate their skin. Rather keep them out of direct sun.

Damage from the sun is cumulative over your life span and builds up over time. The DNA damage you received from that sun burn when you were a teen is still with you and will never go away. The best protection from skin cancer is to avoid direct exposure of your skin to the sun. When that is not possible, use sun screen to help reduce the absorption of UV rays and the DNA damage that results. You only have one skin, wear it well.

Upcoming Diabetes Class Schedule

The Internal Medicine Clinic of the Robert E. Bush Naval Hospital offers a series of "Diabetes Self-Management Classes."

The schedule of classes is as follows:

Taking Care of Your Feet. Thursday, June 19.

All classes are held in the Family Practice Clinic Classroom 3.

Anyone with diabetes or interested in learning more about diabetes is welcome to attend. For more information call Lt. Julie Lundstad at 830-2175.

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

Commanding Officer

Captain Lynda A. Salmond, MSC, USN

Executive Officer

Captain Alan R. Rowley, MC, USN

Public Affairs Officer/Editor

Dan Barber

Staff photographer

HM3 (SS/FMF) Matthew S. Shaver, USN

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
FAX: (760) 830-2385
E-mail: d.barber@nhp.med.navy.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Hard Chargers



Lt.j.g. Joseph Plasse receives his new collar device from his wife at his recent promotion ceremony.



Lt.j.g. Deborah Byers receives a Navy and Marine Corps Achievement Medal from Capt. Rowley.



MS2 Christopher Angelozzi receives a Letter of Commendation from Capt. Salmond.



MS2 Gregory Guittap receives his second Good Conduct Medal from Capt. Rowley.



MS2 Donald White receives a Letter of Commendation from Capt. Salmond.



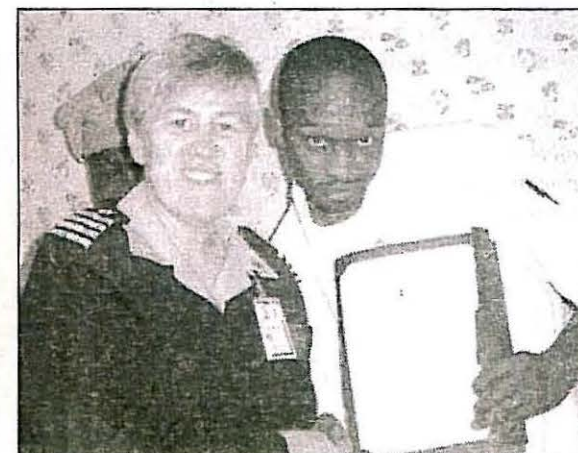
MS2 Gregory Hollis receives a Letter of Commendation from Capt. Salmond.



MS2 Kimberly White receives a Letter of Commendation from Capt. Salmond.



MS3 Richie Fogata receives a Letter of Commendation from Capt. Salmond.



MS3 Faron Roberts receives a Letter of Commendation from Capt. Salmond.



MSC Gregorio Gonzales receives a Letter of Commendation from Capt. Salmond.



MSC Percivac Pacadaljen receives a Letter of Commendation from Capt. Salmond.



Lt.j.g. Joseph Plasse, pins on the "Bull Ensign" bar on the collar of Ensign Craig Pettit.

PEOPLE OF THE QUARTER...

Continued from page 1

performed your duties with the highest degree of pride and professionalism. You skillfully assumed the position of Leading Petty Officer when the incumbent was unexpectedly reassigned. You expertly conducted over 200 patient clinical evaluations and psychological tests facilitating prompt diagnoses, treatment, documentation of care plans and follow-up. Additionally, you coordinated 50 group intervention/educational classes on multiple subjects including Stress Management, Self-Esteem, Assertive Communication and Conflict Management. As the Command Color Guard Coordinator, you projected an outstanding image of the command and the U. S. Navy to the base and the community. You led the command's Color Guard Detail to provide honor and dignity at various ceremonies and military funerals. This color guard was selected to participate in the Southwest Naval District Funeral and Honors Program."



Petty Officer 3rd Class Claudia Cervantes of the Physical Exams Department of the Military Sick Call Clinic was selected as Sailor of the Quarter.

Her citation reads in part, "During this period, you consistently performed your duties with the highest degree of pride and professionalism. You coordinated over 130 physical examinations in one week for the 3rd Battalion, 23rd Marines, Reserve Unit. This process involved performing over 650 lab tests, 130 HIV draws and administering Pseudo-Isochromic Vision tests. In addition, you aided the 7th Marine Regiment by immunizing over 80 Marines with Japanese

Encephalitis Vaccine and assisted Marine Corps Communication and Electronics School, Bravo Company, by performing 35 Overseas Screenings in one day. You displayed exceptional initiative by assisting with the review of over 300 health records. This review included identifying required ancillary tests and screening records for required immunizations. As a result, the Overseas Screening process was reduced from two weeks to one."

Hospital Corpsman Kari Riggs, of the Pediatrics Section, Primary Care Department was selected as Blue Jacket of the Quarter.

Her citation reads in part, "During this period, you consistently performed your duties with the highest degree of pride and professionalism. During the absence of the Leading Petty Officer (LPO), you contributed significantly to unit cohesiveness by demonstrating quick initiative and strong leadership skills as acting LPO. You were instrumental in the ordering of over \$315,000 worth of supplies and equipment for the Obstetrics/Gynecology and Pediatrics Clinics; Labor and Delivery, Breast Health and



Lactation, and Social Work Case Management areas. You displayed exceptional initiative by seeking out alternate supply sources and vendors, putting in many off-duty hours, ensuring all items were thoroughly researched and all specifications were met prior to ordering. As a member of the Command Morale, Welfare and Recreation Committee, you contributed to the success of numerous fund raising events and command functions. Additionally, you voluntarily assisted the Base Single Marine/Sailor Program in the preparation and packaging of various items for mailing to deployed personnel."

Antonio Jimenez, the Temporary Additional Duty Clerk, Resource Management Department has been named Senior Civilian of the Quarter.

His citation reads in part, "While assigned as Temporary Additional Duty Clerk, Resource

Management Department, you have demonstrated exceptional professionalism and exemplary devotion to duty. You coordinated over 200 government travel orders and ensured all members were properly reimbursed after their travel was complete. Your super customer service helped seasoned and non-seasoned travelers easily accomplish travel itineraries, pay fees and make emergent reservations."

Daniel Mulvihill, the Decedent Affairs Technician, in the Patient Affairs Department has been named Civilian of the Quarter.

His citation reads in part, "While assigned as the Decedent Affairs Technician, Patient Affairs Department, you demonstrated exceptional professionalism and exemplary devotion to duty. Your dedication and devotion to mission accomplishment, and knowledge of Marine Corps honors, traditions and procedures, allowed you to provide an outstanding service to family members who have experienced the loss of a loved one. You meticulously ensured every aspect of decedent preparation was accomplished, escorts were properly briefed and all administrative requirements were perfectly completed. You consistently displayed exemplary compassion, etiquette and professionalism."



For all your real estate needs in the middle of nowhere, but 3 hours to everywhere!



PLAZA REALTORS

A small office dedicated to service, honesty and results



LARRY BRIGGS
Broker - Owner

TWO MILE ROAD 1.31 acres (2 parcels back to back). Great view to the north. Large executive homes in the area. Owner will carry.

\$18,500.(mls# 2000898).

TWO MILE ROAD 60 acres. Perfect for a new subdivision for senior living.

\$189,000 (mls# 21102170). See map.

TWO MILE ROAD 25 acres. Large prestigious homes close by. Great for a high end subdivision. On Fucia and close to Sunrise Road and Harmony Acres.

\$159,000 (mls# 9801919).

TWO MILE ROAD 35 acres. Here is the world famous "Chocolate Drop." From the top see the whole town a 360 degree view.

\$89,000 (mls# 9801920).

TIMOTHY 2.5 acres. Way up in Sherman Highlands THE place to be in 29 Palms. Large executive homes and older "settler" homes in a great residential area.

\$25,000 (mls# 980876).

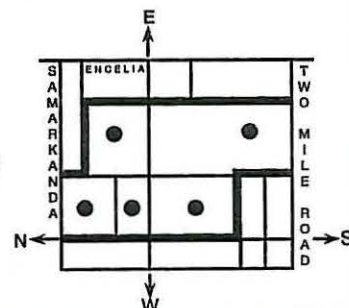
SHERMAN ROAD 4 acres (3 parcels) on Sherman Road. Perfect for that retirement home in THE place to live in 29 Palms.

\$20,000 (mls# 2001191).



5686 Historic Plaza,
Twentynine Palms, CA 92277

(760) 367-5839
1-800-358-3366



More Hard Chargers...



MS1 Gerarde Duque and MS1 John Jamison receive Navy and Marine Corps Achievement Medals from Capt. Salmond.



MS1 Philo Vergara receives a Navy and Marine Corps Achievement Medal from Capt. Salmond.



DT2 Brian Benedict receives a Navy and Marine Corps Achievement Medal from Capt. Rowley.



Fire Controlman Chief Mark Meyer was frocked to Senior Chief on April 30, 2003. Pictured are his wife Lani, FCCS Meyer and HMCS Patuga, Branch Medical Clinic Senior Enlisted Advisor. FCCS Meyer is assigned to the Branch Medical Clinic, and is the Substance Abuse and Rehabilitation Program Director for Naval Air Weapons Station, China Lake.



HM3 Augustine Torrez receives a Navy and Marine Corps Achievement Medal from Captain Alan R. Rowley, Executive Officer, Robert E. Bush Naval Hospital.



MS1 Jessie Angeles receives a Navy and Marine Corps Achievement Medal from Capt. Salmond.



From left to right, HM3 Barbara Torrez, HM3 Ambar Paredes and HN Mary Hyde received special recognition for an exceptional job they did while serving as a Funeral Honor Guard recently.



From left to right, HM2 Shamblin and HM2 Moreno were frocked to First Class Petty Officer on May 14, 2003 at the Branch Medical Clinic, China Lake.

BREASTFEEDING SUPPORT GROUP

Sponsored by: Maternal Infant Ward & Breast Center
WHAT BETTER WAY TO FIND OUT ABOUT:

- *Latching On
- *Meeting other new mothers
- *Sore Nipples
- * Breast Engorgement
- * Milk Collection & Storage
- *Sexuality
- *Back to Work

LOCATION, DATE & TIME:
Naval Hospital Twentynine Palms
Classroom 3 (behind Family Practice Clinic)
Every Monday 10 a.m. -noon
Breast Education Center 830-2501

More
Hard
Chargers



HM3 Jasmin Ramirez receives a Good Conduct Medal from Capt. Rowley.



HM3 Nicholas Reseter receives a Good Conduct Medal from Capt. Rowley.



Lt. Ryan Meskimen receives his new collar device from his wife at his recent promotion ceremony.



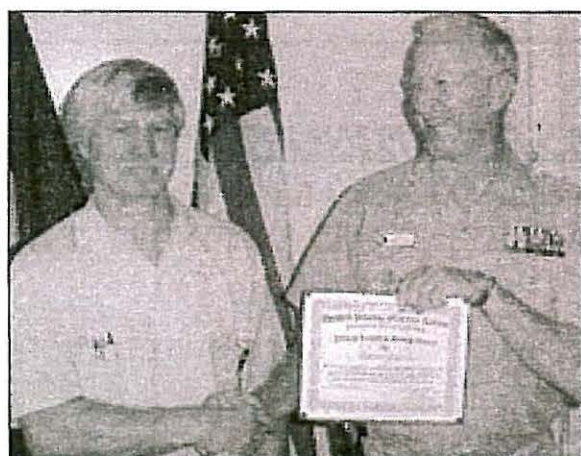
HM3 Claudia Cervantes receives a Flag Certificate of Commendation from Capt. Rowley.



HM3 Janimarenella Brandes receives a Good Conduct Medal from Capt. Rowley.



Hospitalman Mark Gilman receives a Flag Certificate of Commendation from Capt. Rowley.



Richard Russell receives his 30 year Government Service award from Capt. Rowley.



HM3 Jennifer Barnes receives a Good Conduct Medal from Capt. Rowley.



HMC James Bugby receives his sixth Good Conduct Medal from Capt. Rowley.



HM3 Ambar Paredes receives a Good Conduct Medal from Capt. Rowley.



RP2 Brandon Grigsby receives his second Good Conduct Medal from Capt. Rowley.



HM3 Charito Delo Santos receives a Good Conduct Medal from Capt. Rowley.

LT HENDERSON...

Continued from page 1

man who was instrumental in recruiting him to the Navy eventually went off to Harvard Law School.

Henderson attended Boot camp in Orlando, Florida and then went to the Nuclear Field "A" school (Electrician's Mate) and Nuclear Power School also in Orlando. His commands during his first six years in the Navy were USS Los Angeles (SSN 688) and the USS Abraham Lincoln (CVN72).

During this first tour in the Navy Henderson experienced a memorable liberty when the Lincoln pulled into Hong Kong and he had the opportunity to take a trip into China for a visit. "As a kid I always followed politics and watched how the press always talked about communist countries. And of course when I was on the submarine the cold war was still going on and there was a lot of PR about how China and the Soviet Union were the most backward countries there ever were," said Henderson. "Going to China for me was a really interesting experience."

According to Henderson, the first six years that he was in the Navy all he could think about was getting out and trying new things.

Henderson did get out, but joined the Idaho Army National Guard where he worked as a diesel mechanic with the 148th field artillery unit. He also eventually served with the Navy Reserves where he was attached to the reserve units of USS Holland (AS32) and USS Frank Cable (AS40). While in the reserves he worked as a Damage Controlman, attaining the rank of DC2 (SS).

"I was not real excited about the nuclear field in the Navy. The work was fairly stressful with long hours and not something that I wanted to make a career out of," said Henderson. "When I got out and got my Bachelor of Science degree in Ecology at Idaho State University (ISU), there were some people there who were suggesting that I go to graduate school, so I put in for a Department of Energy Fellowship with the Oak Ridge Institute for Science and Education for graduate study at ISU, basically on a lark and to get those people off my back because I didn't think that I would get it," he added. There are only four of these fellowships available in the country. "Unfortunately I got it and I got my Master's in Physics from ISU and wound up doing some work with the Department of Energy," said Henderson.

According to Henderson he wasn't real happy or satisfied working with the Department of Energy, so he decided to rejoin the military. "I looked at going into the U.S. Air Force as a physicist, but I was in the Navy Reserves and my Captain who I worked for suggested that I try to stick with the Navy. So I told him that if he can find me a job in the Navy where I wouldn't have to go to sea then I'd consider it. I didn't want to go to sea and miss my kids growing up. The recruiter called me a week later and asked me what I knew about Environmental Health. I said I didn't know anything. He said 'well they don't go to sea.' So I said, 'well I'm listening.' The Air Force offered me a job to go to work right away. The Navy offered to send me to school for two years. I thought going to college for two years was better than going to work for two years," said Henderson.

Henderson's short-term career goal is to get certified in his field within the next two years. "I also want to get a little bit more school. I want to apply for the Army Staff College or one of the other Staff Colleges after this tour. Or if there is a possibility of getting a Duty under Instruction to possibly get my PhD. His long-term career goal is to retire in 8 years and return to the Rocky Mountains where he hopes to get a job teaching high school. "I taught high school for a little bit, and it seems like the thing to do to give back to the community, and you can afford to do it with your military retirement," said Henderson. He taught high school as part of his Master's program while working on his teaching certificate at Blackfoot High School in Idaho.

"Out of all the things I've done I prefer to teach high school. I did Church Camp in Sun Valley Idaho every summer with 10-year olds for four years... it's fun working with 10-year olds when you take them outdoors for fishing and other fun things, but they don't have a lot of patience when you start talking about science. And I taught college students at East Tennessee State University where I was paid to tutor to students who were struggling," said Henderson. "I would just rather deal with high school aged kids rather than younger kids or college aged kids. High school kids are at an age where they understand what you're talking about and not old enough to be jaded to where they won't listen to you," he added.

Henderson and his staff are responsible for health and safety inspections for base food service facilities, playgrounds and other facilities at the Marine Corps Air Ground Combat Center (MCAGCC). There are about 50 places they have to inspect. According to Henderson most of them are inspected on a quarterly basis. They also provide training at least twice a month for food service workers, and perform health screening on all the food service workers on base, both in the galleys and commercial food service activities. They also act as the middleman for all immunizations for active duty people at MCAGCC and all Marine Reserves in the Southwest. They deal with anywhere from \$500 to \$600 thousand dollars of immunizations each year. All communicable diseases are also tracked by Occupational Health and reported to the San Bernardino County Health Services and to the Navy Department of Health Center.

"I had a choice between here or Japan. Because my wife and I are rural people and I love the outdoors we decided to come here. Twentynine Palms is kind of strategically located for some things I want to do because my wife's family is located in Idaho. So far we like it a lot. We like the small town of Twentynine Palms, however, I'm a little nervous about the coming heat of summer," said Henderson. Henderson and his family live in Indian Cove.

"I've enjoyed this command so far. For me this has been one of my best tours in 16 years. I like the fact that it's a rural environment and you're left alone to be able to do your job, and the people I work with really know what they're doing," said Henderson. "There is enough work to where you're not sitting around bored, and not so much where you are having to take it home with you," he added.

In his advice to the hospital's enlisted staff, "They need to decide where they want to be in 10 years and then make it happen. The Navy has an unlimited number of opportunities to choose from. In my opinion, most of our enlisted people can obtain a commission in the Navy, if they so choose. Individuals just need to decide to do it and do the work to obtain their goal."

When not busy with work, Henderson enjoys family functions with his wife, Mary, who he met while stationed in Idaho, and their two daughters, Amanda and Pamela. His hobbies include anything outdoors - running, hiking, hunting, fishing or camping.

More Hard Chargers...



HN Carrie Anderson receives a Good Conduct Medal from Capt. Rowley.



HM2 Juan Rodarte receives his second Good Conduct Medal from Capt. Rowley.



HM2 Ethan McElroy receives his second Good Conduct Medal from Capt. Rowley.



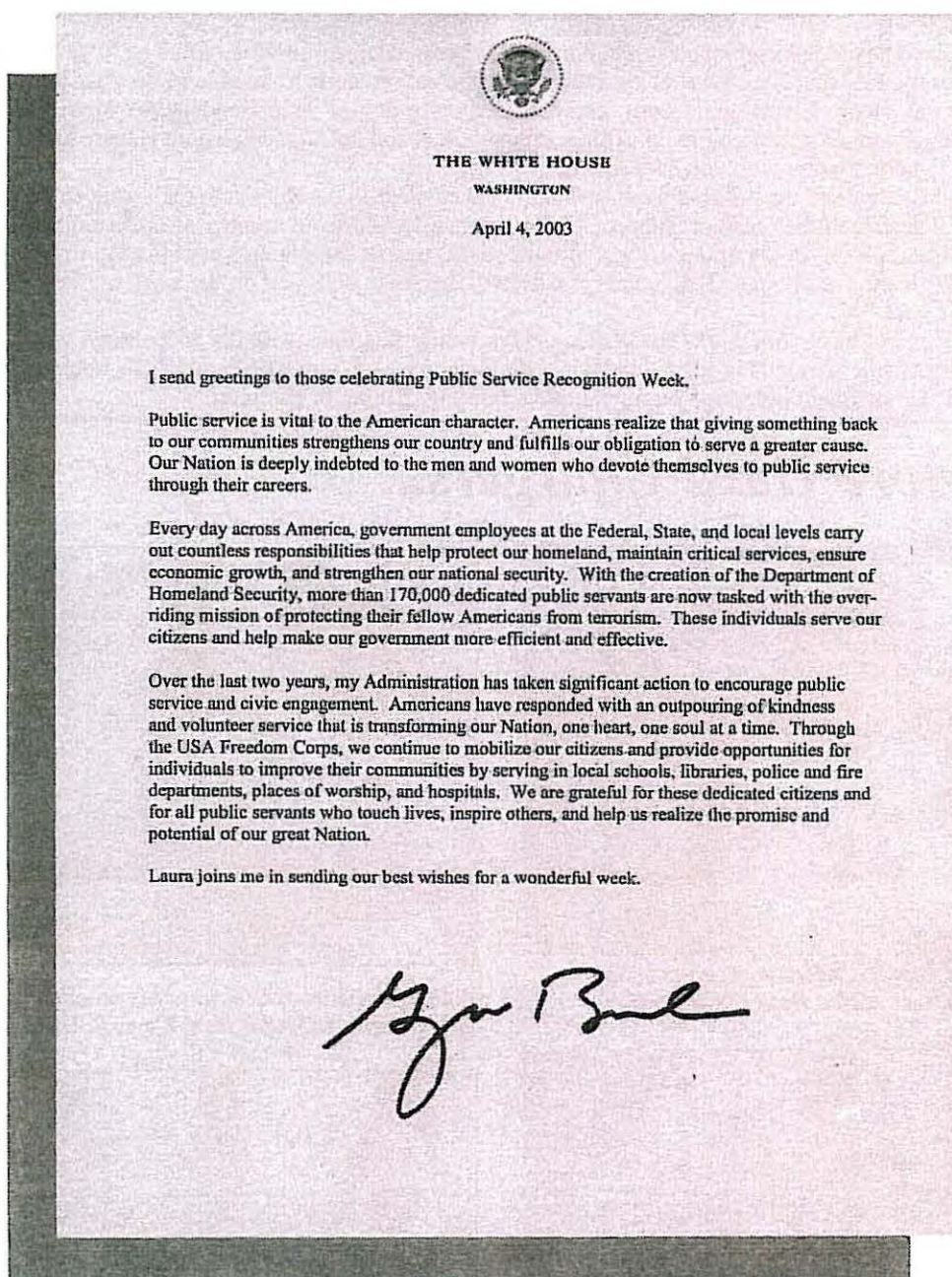
HM2 Rajnesh Chand receives a Flag Certificate of Commendation from Capt. Rowley.

Depression and Pregnancy Workshop

Every Thursday in the Mental Health Clinic
Conference Room of the Robert E. Bush Naval
Hospital from 12:30 to 2 p.m.

For more information call 830-2584 or 830-2935

A Message from the Commander In Chief...



Helping Seniors Sift Through Health News

(HealthScoutNews) — There's a new Web site for older adults to access health and medical research information of interest to them.

The Web site, called Health Compass, is being launched this week at the Bridging the Workforce Gap for our Aging Society conference. It's designed as an interactive, self-study program meant to assist older adults and their caregivers in becoming better informed participants and decision makers in their health care.

The site aims to improve older adults' ability to access, evaluate and act on health and research information about aging. The site provides suggestions on where to find high quality health information on the Internet and in other media sources.

It also provides older adults with tools that help them critically evaluate and interpret health information. That includes definitions of research terms and the different kinds of medical research studies.

Health Compass is a partnership between the American Federation for Aging Research (AFAR) and the Merck Institute of Aging and Health.

Here's where you can find Health Compass: <http://www.infoaging.org/>

Patient Safety...

Patient Safety Display For Info

Lt. Daniel Anthony, Risk Management Team Leader
Robert E. Bush Naval Hospital

Now that our Patient Safety Program is running in full force with the implementation of the first six national patient safety goals, the patient safety team would like to direct everyone's attention to our new *Patient Safety Display* located at the beginning of the passageway connecting the clinics to the main hospital. At this station, our beneficiaries can find valuable information concerning the use of medications, project Speak-Up, and information on behavioral and mental health issues.

For medication safety, several websites are listed including web addresses for the Office of Women's health, the Food and Drug Administration, and the Armed Forces Institute of Pathology Patient Safety Center. There are also wallet-sized medical I.D cards that can give essential medical information to persons assisting you in an emergency.

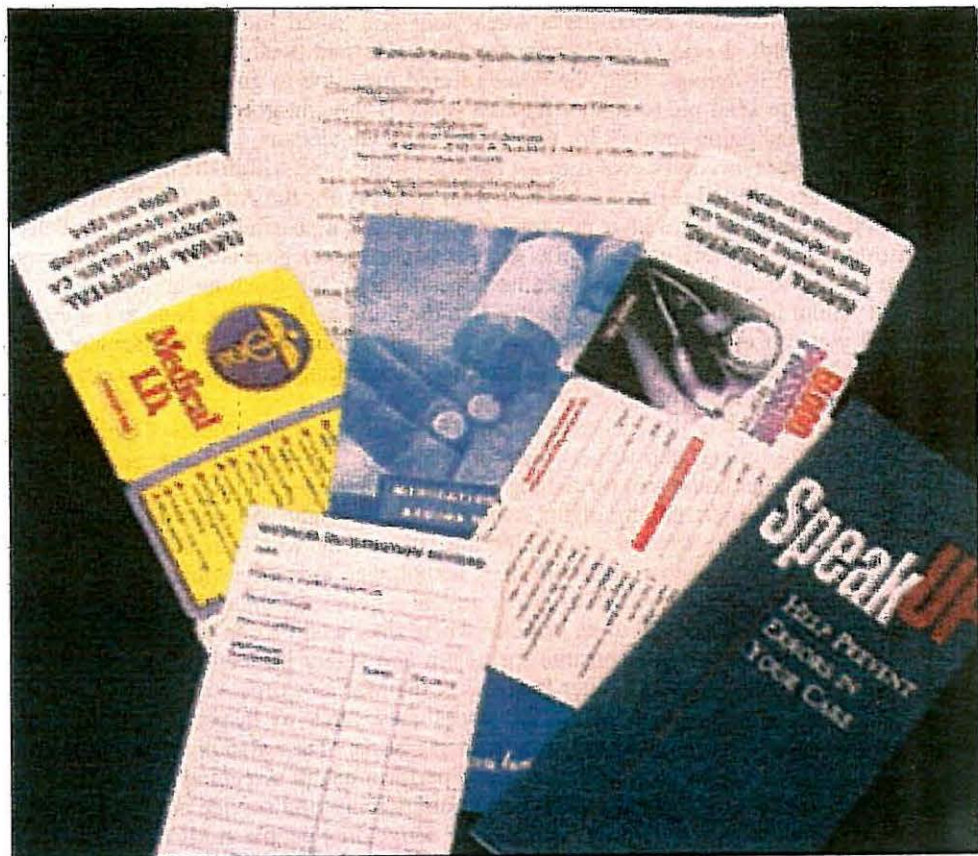
Project Speak-Up pamphlets discuss specific ways in which patients and family members can become vocal members of the healthcare team. A TRICARE information sheet discusses other issues such as signs and symptoms associated with depression.

Stop by and check out our display. The information is regularly updated to keep pace with the advances being made in Patient Safety.

In other news, we would like to continue our discussion on the six patient safety goals with this month's focus on goal number five: Improve the safety of medication infusion pumps.

Infusion pumps are medication delivery devices that allow a predetermined amount of medication to be delivered over a specific time. A malfunctioning pump could deliver medications too quickly. This could adversely affect the patient outcome. After a hospital wide review by the Risk Management Team, we concluded that our general infusion pumps (Baxter Colleague brand) when used properly and with the correct tubing ensure protection against medication "free-flow".

The Patient Safety Program, under the guidance of the Risk Management Team, is making great strides in improving the quality of care delivered at Naval Hospital Twentynine Palms. Stop by our display table on your next visit to the hospital and check out the latest information on patient safety.



This is just a small sample of information that is available at the Robert E. Bush Naval Hospital. During your next visit be sure to stop by the information tables and pick up what you need.